

Computerized Cognitive Behavioral Therapy

Available for Symetra EAP customers

ComPsych® GuidanceResources® offers an evidence-based interactive Computerized Cognitive Behavioral Therapy (CCBT) program that addresses all of the most common issues associated with behavioral health. This needs-based digital program directly addresses behavioral health issues in a user-friendly fashion. Used in conjunction with other platforms and/or counseling, CCBT offers expanded alternative access to behavioral health care.

Available on the mobile app, tablet and desktop, these guided programs help users reduce personal roadblocks, eliminate stress and overcome mental barriers, whenever and wherever they need it. Interactive modules address most common behavioral health issues:

- Anxiety
- Depression
- Insomnia
- Mindfulness
- Substance Use
- Stress
- Trauma
- And more

Program Differentiators

Our solution stands out in a crowded market of employer and health plan solutions in the following ways:

Evidence-based

CCBT is much more than a mindfulness or mediation app. Our dynamic, digital content is grounded in evidence-based techniques, such as cognitive behavioral therapy, mindfulness and positive psychology, and curated by skilled psychologists.

Engaging, effective and accessible

Available on the web and mobile app in English, Spanish, European and Canadian French, German, Portuguese, Chinese and Japanese, content is personalized to each user with actionable steps that are fully integrated with ComPsych® GuidanceResources® EAP clinical resources.

Friction-free care with a high-touch, mobile-first solution

Many people with mental health challenges do not ever seek live help. The No. 1 reason is a preference for self-help, followed by a lack of confidence in treatment and the stigma attached to seeking care. For individuals who have not yet identified their need for help, our solution offers a low-barrier entry point to mental health support that is easy to use, non-threatening and discreet.

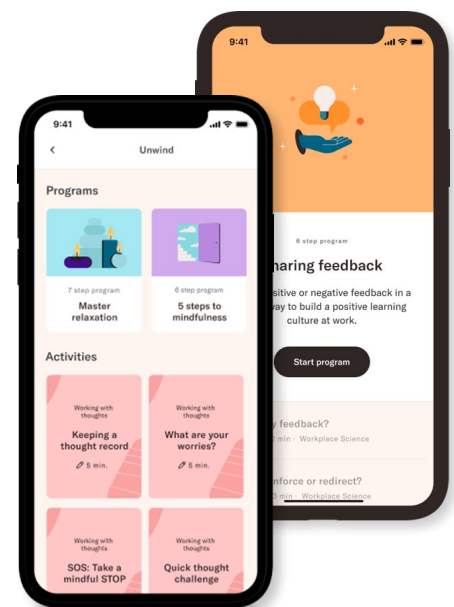
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Outcomes and Results

Results show that our CCBT programs provide real value to participants, as demonstrated by the following outcomes:

- 21% improvement in well-being (WHO-5)
- 34% reduction in sleep issues (MISS)
- 10% improvement in resiliency (CD-RISC10)
- Average User Session Time: 15 min.
- Average User Programs Started: 3.9



24/7 Live Assistance

Call: (Symetra Embedded) 888.327.9573 | **TRS:** Dial 711

Online: guidanceresources.com | **App:** GuidanceNowSM | **Web ID:** Symetra

